DOCUMENT RESUME

ED 400 991 PS 024 691

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TITLE The M.O.M.S. Handbook: Understanding Your Personality Type in Mothering.
REPORT NO ISBN-0-9646974-0-8
PUB DATE 95
NOTE 46p.; From the "Mothers of Many Styles" Program.
AVAILABLE FROM Penley and Associates, Inc., 604 Maple Avenue, Wilmette, IL 60091 ($12, plus $2.50 shipping. Discount on 5 or more copies).
PUB TYPE Guides - Non-Classroom Use (055)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Child Rearing; Children; Extraversion Introversion; Family Work Relationship; *Mothers; *Parent Child Relationship; Parent Education; Parenting Skills; Parent Materials; Parent Role; Parents as Teachers; *Personality; *Personality Traits
IDENTIFIERS Mothers of Many Styles; *Myers Briggs Type Indicator; *Personality Types

ABSTRACT

This handbook is designed to enable mothers to identify their personality type according to the Myers Briggs Type Indicator (MBTI) and to relate their personality type to their strengths, struggles, and needs as mothers. Part 1 introduces the seven Mothers of Many Styles (MOMS) principles providing the basis for this approach and the concept of personality type. Part 2, "The Basics of Personality Type," describes the four MBTI personality dimensions and presents the approximate frequency of the eight preferences (two preferences for each of four dimensions) in the United States population. Part 3, "Your Type Preferences and Mothering Style," relates personality type preferences dealing with energy, information, decision-making, and lifestyle to mothering style. For each preference (extraverted, introverted, sensing, intuitive, thinking, feeling, judging, perceiving), the handbook describes the kinds of activities the mother may gravitate toward, the kinds of struggles with child rearing she may encounter, and tips for child rearing. Part 4, "Mothering Profiles of the 16 Types," presents research findings on the 16 personality types (based on the possible combination of 4 preferences, 1 each from each of 4 dimensions) based on interviews with mothers. Strengths, struggles, and tips for mothers exhibiting each personality profile are given. Part 5, "Making Practical Use of Type," discusses using information on one's personality type to better understand children and to reduce work-family conflicts. Recommended additional resources complete the handbook. (KDFB)

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